Maximum result with small effort

ELECTRON HABIT

Easy way to retain negatively charged habit

Written by Dimas Conetall

Translated from ID to ENG by refntxcv

THE BEGINNING OF EVERYTHING

Back in high school, my teacher once said, “Small, consistent changes will lead you to big transformations,” referencing a book by James Clear titled *Atomic Habits*. For some reason, those words stuck in my head, and I couldn't stop thinking about what he said.

Before I knew it, the school bell rang, and I found myself walking home. I crossed the street without realizing that the light hadn't turned green for pedestrians yet.

My vision faded, and I felt impact after impact, as if it were happening in slow motion even though it was actually over in an instant. Lying there on the road, I slowly began to realize what had happened. Even so, there was no undoing what had been done.

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“Hey, Conetall’s awake!” It seemed I was still alive and okay, because when I opened my eyes, I felt strong enough to sit up and lean against the headboard of the white hospital bed.

“What happened?” I asked. I needed more information than just knowing I’d been hit by someone.

“Conetall, you were hit—”

“I already know that, where is he?” My emotional instability at the time might have offended my mother a bit; I could see her eyes welling up, her mouth looking as if she were holding something back, as did the stranger next to her, who I̲f assumed was the one who hit me.

Everyone except me was laughing, and I was completely bewildered by it. “W-why? What’s wrong?” Why were they laughing at someone who had just been hit?

My mother explained that the person who hit me was a cyclist. My embarrassment peaked as their laughter grew louder when the doctor beside me explained that I had passed out from shock, not from any injuries from the collision.

Even if it was just indirectly, this explains just how much of an impact my teacher’s words had on me. Since then, I have never gone near a bicycle again.

A THOUGHT THAT CHANGED MY LIFE

I would be staying at the hospital for the next few days. During that time, I couldn't stop thinking about what my teacher had said. I kept trying to expand on those words, trying to apply them to my life. Right then, something crossed my mind.

What is the limit for how small a change can be? Instead of just making a "small" change consistently, what if that small change is continuously reduced until it reaches the smallest change ever?

Consistency isn't easy, even when it's "small." However, the smaller the change, the easier it is to implement, and from there, we can do it more and more frequently.

Suppose we make a change of 0.27777777777%. Do that once every day, and in 360 days, we have achieved a 100% change.

Now imagine if we make a change of 0.0001%, but this time we do it every 1 millisecond. In just one day, you would change by 8,640%, and 3,110% in 360 days. Amazing, isn't it?

Even more extreme, what if we make that change even smaller? But this time, we do it almost every moment—every microsecond, even every nanosecond! Just imagine how massive our transformation would be every day if we did it every week, every month, even until the end of our lives. I kept this thought in my head until I was allowed to go home.

HOW TO APPLY THIS IN YOUR LIFE

Let's say you want to start jogging every day. In *Atomic Habits*, what you should do is make small changes, starting with just taking one step toward your front door; every day you add one more step—from two steps to three, from three to four, and so on. In this book, we are going to do something completely different from Atomic Habits. At first glance, *Electron Habit* might sound like a smaller version of the method taught in *Atomic Habits*, but that will change entirely once we reach the pinnacle of true transformation.

Here, I will explain how to apply it, while also providing the logical reasons behind why Electron Habit is so effective.

First, let's start by determining what you want to achieve in the future—what big change you want to make in your life. Only with a clear foundation can we move on to the next stage.

Second, determine what you need to do to reach that goal. For example, you want to change from being lazy to someone who studies hard. If you want to study hard, then we must form a habit. Start by reading at least 2 sentences a day. Before starting

the practice, this is where the technique differs from *Atomic Habits*. Let's take the previous example: you want to be able to study every day, so you start by reading 2 sentences a day. Classic —that's the general *Atomic Habits* technique. To make it more special, we will reduce the quantity but increase the frequency. From 2 sentences a day, to 1 sentence, but twice a day.

We're not done yet! We will continue this reduction until you only need to read 0.00000000001% of a sentence. However, you will do that every microsecond. Still not done! We will repeat the reduction until we reach a vast number of decimal places. Still not done! Keep reducing that change while simultaneously increasing its frequency!

At one point, you will reach a magnitude of change with an absolute value of 0. Only at this point do we stop; only at this point can Electron Habit be applied. Let's put it into practice! At this stage, we will make a change of absolute 0 at every moment; we will continue to do this an infinite number of times every day, whenever and wherever.

THE REAL ESSENCE OF CHANGE

At this stage, you have reached the highest level of self-change awareness. You are now able to understand the true meaning of transformation. Ultimately, the greatest change comes from making a change of absolute zero at every moment.

Indeed, that is the essence of change using the Electron Habit technique. You will only be able to achieve true change by doing nothing. Although it sounds negative, like an electron's charge, the Electron Habit has a greater impact than any other technique for change.

WHAT THE USER OF THS TECHNIQUE WILL FEEL

You can feel a major symbolic, spiritual, and internal shift even on your first attempt at the *Electron Habit* technique. During my freshman year at *Al-Jaytun* University in the Arabian Peninsula—right across from the Wall of *Dhul-Qarnayn*, to be exact—I felt completely lazy every single day. That's when I immediately applied the *Electron Habit* technique to get productive again. After that, my life truly did a complete 360.

CONCLUSION

From this, we learn that it takes more than just intention, determination, and execution; we also need sound techniques to achieve something. I created this book so that my family, my friends, and even everyone can achieve the major changes toward becoming the person they want to be. I have been researching this technique for 6 years at *Al-Sambang Lihum* University (a new university I entered after being dropped out by *Al-Jaytun University*). Here is the result, a written work that might help us all become who we want to be.

GRATITUDE

I would like to thank the readers of this book, my parents, my teachers, and none other than the person who hit me with their car back in high school. Even though I wasn't injured, I'm convinced I landed headfirst, which probably made me enough of a genius to actually write this book.